

CLAIMS

1. Orally administ red preparations containing

(a) β -carotene,

(b) lutein and

5 (c) lycopene

in a ratio by weight of (a) to (b) to (c) of 1 : (0.5 - 1.5) : (0.5 - 1.5) in a carrier suitable for oral administration.

2. Preparations as claimed in claim 1, characterized in that they contain at least one other substance selected from the group consisting of
10 α -carotene, astaxanthin, α -cryptoxanthin, β -cryptoxanthin, zeaxanthin, phytoene, phytofluene, γ -carotene and neurosporin.

3. A process for increasing the sun protection factor of human skin, characterized in that preparations containing

(a) β -carotene,

15 (b) lutein and

(c) lycopene

in a ratio by weight of (a) to (b) to (c) of 1 : (0.5 - 1.5) : (0.5 - 1.5) are orally administered to the human body in a carrier suitable for oral administration.

4. A process for delaying the ageing process of human skin,
20 characterized in that preparations containing

(a) β -carotene,

(b) lutein and

(c) lycopene

in a ratio by weight of (a) to (b) to (c) of 1 : (0.5 - 1.5) : (0.5 - 1.5) are orally
25 administered to the human body in a carrier suitable for oral administration.

5. A process as claimed in claims 3 and/or 4, characterized in that the preparations contain

1 to 40 mg (a) β -carotene,

1 to 40 mg (b) lutein and

30 1 to 40 mg (c) lycopene

as a daily dose, with the proviso that the ratio of (a) to (b) to (c) is 1 : (0.5 - 1.5) : (0.5 - 1.5).

6. The use of the orally administered preparations claimed in claim 1 for oral administration for increasing the sun protection factor of the skin.

5 7. The use of the orally administered preparations claimed in claim 1 for delaying the ageing process of the skin.

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